Laura Lucille Temecula California US YouTube channel (Laura Alvarez Lucille) wife of Francis Lucille was a long time student of Lester Levenson

[Speaker 11] (0:00 - 0:17)

I've been reading Lester's book, In the Power of Love, and he seems to repeat himself again over and over again about love, and I really understand that. And then he talks about his, I believe it's his release technique?

[Speaker 1] (0:18 - 0:19)

Yes.

[Speaker 4] (0:21 - 0:35)

Is that a specific technique? Let's put it this way, because you're talking a technique. A technique is a way, is a word, remember, everything has to be marketed to the mind.

[Speaker 11] (0:36 - 0:36)

Right.

[Speaker 4] (0:37 - 1:04)

And the mind loves techniques, loves it. You see, with nothing, that's the world, that's the mind. You see, the mind and the world, they are hand in hand.

It sounded to the listeners, to the people that were approaching him, because that was an interesting phenomenon. The people that were approaching Lester were not really interested in being enlightened or anything like that.

[Speaker 1] (1:04 - 1:20)

They were interested in being successful, happy, having the perfect relationship. You know, as he would say, you are still looking for happiness, what is not. You see, but it's a very good first step to master the world.

[Speaker 4] (1:21 - 2:23)

So he offered this sort of technique, how to undo the feelings and thought mechanism that stop you, or it was stopping you from experiencing what you would like to experience. So what happened, and I experienced directly being 18 years, 19, almost 19 years until he passed away, with the same group of beings, we were very few, how we were all there. We all have conquered the world, so to speak.

We were accomplished everything we wanted to and more. And now finally we were ready to say, okay, as he would put it, now you are ready to listen to the truth. Which is, the first step was to master the dream.

Now the second step is to liberate yourself from the dream.

[Speaker 1] (2:25 - 2:39)

You see, so this technique is not a technique, it's only what is the dynamics that I'm inviting you to see.

[Speaker 4] (2:40 - 3:10)

And the principle of the dynamic is that every single feeling or thought is generated by wanting, desire. So it is very helpful for some of us at the beginning, and as I said also to Anne, that when you have a thought, to take it to the source.

[Speaker 1] (3:12 - 3:19)

And this source is always wanting. Now this wanting has different intensities, so to speak.

[Speaker 4] (3:20 - 4:09)

For some of us, wanting is enough. We don't need to go through the intensities, but the wanting feels like pushing, you know? It's like controlling.

You want to push, you want to make sure that it goes faster, you want to make sure that they understand. You see, you are pushing, and we feel that kind of impatience. So that is the wanting to control, wanting things to go in a specific way.

So we have a thought, and you will say, what is that? Oh my God, yeah, I want to control, okay. And sometimes you laugh right away just because you see it.

You see it because what that sees it is you. The seer is you, that's right. The natural laugh comes up.

And sometimes you're just seeing, oh, you're really seeing the dynamic of it.

[Speaker 1] (4:10 - 5:34)

And of course, the thought collapses, and the mind goes quiet. And in that moment, you're experiencing what you are. But immediately the mind comes with something else.

Because we're more interested in the mind. Because the mind immediately, that's why it's very easy, the moment you decide to be free, it's very easy to be. Because the mind keeps giving you all the stuff until it becomes, so to speak, kind of empty or

uninteresting for you.

So the first layer that is control, this echo intensity, is wanting recognition. Wanting to be considered. Wanting to be recognized.

To be appreciated. In other words, to get approval. And not only from others, but your own approval.

You find yourself that you're doing things because you want your own approval. Or doing things because you want their approval. See, that is the second energy to the wanting.

Ever wanting, you see. Wanting my approval and their approval. And that's a little more intense, so to speak.

Because wanting approval, we're really actually, for the first time, experiencing the sense of lack.

[Speaker 4] (5:37 - 5:57)

Because when we are wanting your own approval, you're really experiencing that what you're really wanting. Because you actually want your own approval. You actually want to be the love that you are.

The thing is that your approval is when we're looking for love outside of ourselves through others.

[Speaker 1] (6:01 - 6:05)

So, you see, the wanting is always pushing you towards the world.

[Speaker 4] (6:05 - 6:21)

Wanting to control the world. Wanting approval from the world. Then the also kind of wanting is wanting security.

[Speaker 1] (6:25 - 8:51)

In that moment, we feel insecure about something. Like, for instance, you need to ask something from someone. And that's one of those moments that you really feel insecure.

In your mind, justify will be okay. He's your friend. He will say yes.

Or who knows, maybe, you see, the mind comes. You can see how the mind immediately comes with a lot of. So, when you notice that all that agitation is coming from wanting security.

Oh. So, what happens is, it's not a technique. It's just that he calls the technique that

spreads to the world.

But when you see it directly from what you are, those are the dynamics of thinking. That is the loop thought feeling that keep the imaginary idea of being separate. So, if you bring, if you feel like to bring the thoughts, oh, I must be wanting.

That is enough. But if you feel, oh, yeah. If you resonate with control, approval, or security, use it.

See? Because they're all tools. And tools are good to be at your disposal if they are necessary.

Sometimes we need all different tools. And again, of course, the tools are there, but then you may not need them any longer. But here, what we're doing, sometimes we use those tools.

But also, we are being, because being that which sees the mind. Therefore, you see the thought that sees the sensations. And in that seeing, you are opening to that in which arises.

Because a good question will be, if that feeling, let's say, if that sensation wouldn't be there, what is actually there? You see? If thinking wouldn't be there, what is actually there?

If feelings wouldn't be there, what is actually there?

[Speaker 11] (8:56 - 8:58)

That sounds like a good question.

[Speaker 4] (8:59 - 9:02)

You see? You resonated with that. That is a tool.

You see?

[Speaker 1] (9:03 - 9:18)

Let's see. And that is a very good tool. When something said, okay, that wouldn't be there.

What is actually here? That's very powerful. Because you see, now you don't need to get into, you are a step forward.

You see what I mean?

[Speaker 12] (9:20 - 9:20)

Yes.

[Speaker 1] (9:22 - 9:31)

It's even simpler. And that is the basic principle of what is called technique in that book that you read.

[Speaker 2] (9:34 - 9:49)

Yes. I was, I have a question that has puzzled me for quite a while. It's about Lester and his death.

Were you around Lester in the days when he left his body?

[Speaker 1] (9:50 - 9:59)

Yes. Not as close as a dear friend of mine. I may have some insights to give you if you, depends on your question.

[Speaker 2] (10:00 - 10:07)

Yes. Well, I've been into healing work for close to 50 years.

[Speaker 3] (10:09 - 10:10)

As a healer yourself?

[Speaker 2] (10:12 - 12:23)

Yes. Just basically working with acupressure reflexology. Just all the natural treatments.

Essentially laying on of hands. And just teaching people that love heals. Essentially was the main thing.

And so I was always curious as to why Lester chose to leave his body from cancer. When it's so obviously and, you know, it's healable. It's been, it's a very commonly healed disease.

And Lester with his extraordinary powers of health and healing. Having, you know, essentially chosen to leave his body in that way. Has always been puzzling to me.

And not the least reason is that it actually cost me a lot of clients at one period in my life. Because I didn't know. When I first heard of Lester and read about all his miraculous experiences.

From awakening. I, you know, I just told all my clients about it. And I always did.

And I never really questioned about what he had died from. Until one of my clients told

me that he had died of cancer. And so I was really puzzled at that.

But then that actually ended up costing me a large part of my clientele. Because I had. Because, you know, I'd been bragging about him essentially.

Telling people that they can cure anything. You know, it's just what they think. Yes.

So I realized that, you know, Lester had that kind of power. And so his dying in that way. Essentially amounted to choice.

[Speaker 1] (12:24 - 14:21)

You see, the human mind. The tendency of the human mind is to focus. Into one single spot.

You see? That's what the mind does. Because the mind is all about smallishness.

About details. About the image that is perceived. It's not about that to which the totality of the image appears.

So being that said is. Yes, Lester was given three months to live. Maximum.

If he. Maximum. Maybe two weeks, maybe three weeks.

So because of that, it took him exactly three months. To discover the totality of truth. Many extraordinary experiences.

As he shared with us. And teach us how to. Through his teaching.

Share with us how to experience. Those as well. Now.

He was. He cured himself not only of the heart. But of all different ailments in the body.

And he was always healthy after that. That happens to him in the late 40s. He was 47, 48.

And he. Left the body around 78. Or 79 years old.

And I could see. Being around him for the last 20 years of his life. That.

Particularly in the last 10. That he was already done. He was only around.

Only around. Because we were a group of. About 15, 20 people that were very loyal to him.

And he had been very, very patient. For the first 10 years.

[Speaker 3] (14:22 - 14:23)

For all of us.

[Speaker 1] (14:23 - 14:46)

For all of us to fulfill desire after desire. Including. People at the time.

Being ill of cancer. All of that happened by itself. Only by the teaching of Lester.

Not by Lester directly. But by the teaching of Lester. I was being witness of many, many cases like that.

[Speaker 3] (14:46 - 14:54)

Now. When. The time came to leave.

When the time came to leave.

[Speaker 1] (14:54 - 15:06)

You see. Because everything is predestined. The life of the body.

Everything is predestined before we enter into this experiencing. Of bodyhood. Which is a state.

It has a beginning and an end.

[Speaker 12] (15:08 - 15:09)

Right.

[Speaker 1] (15:09 - 15:36)

In that moment. When he decided to let go. That was the illness that arose.

And he didn't do anything about it. Because it was time for the body to just leave. Now.

He didn't go to doctors. He didn't suffer from pain. He didn't have a painful death.

None of the ailments that supposedly go with cancer.

[Speaker 3] (15:36 - 16:07)

He didn't take any medicine. Not at all. And he didn't suffer.

You see. Right. And he didn't have to leave.

And that was it. He stopped eating. You see.

He stopped taking care of the body. For the last two weeks. That's all it took.

Or less than that. A week. A week something.

That's all it took. And the person that was with him.

[Speaker 1] (16:08 - 16:28)

Just to fill in. The person that was with him. He would say, Laura.

There he was. This little body. Shrinking and shrinking.

And all of a sudden. When he would speak. It would be the potential of the voice.

That he thought. Good. He's going to come back.

Because he wanted him to come back. But no. It was just something that needed to be expressed.

[Speaker 3] (16:28 - 16:36)

And then shrinking to the body again. So. I don't know whether that answers your question.

You see.

[Speaker 2] (16:37 - 17:04)

Well, it does. You know. Yeah.

I have to bow to the wisdom of the Master. Of course. But I do.

You know. I did want to be able to answer that question. Whenever it's asked.

Of me. Because you know. Again.

I teach people. That their health is in their hands. You know.

[Speaker 1] (17:05 - 17:11)

Their health is in their hands. Not every single body. Has its expiration date.

[Speaker 2] (17:13 - 17:13)

Yeah.

[Speaker 1] (17:13 - 17:35)

It comes with an expiration date. You see. And as he would say.

No matter how ill you are. No matter how ill you are. If it's not your moment.

And you know how to take. You know how to heal yourself. It will be so.

And on the other hand. It's not that ill. But if it's the moment to go.

[Speaker 3] (17:35 - 17:48)

No matter what they do. It goes. Yeah.

You see. So. That is something that has to be.

Taken into consideration.

[Speaker 2] (17:50 - 18:57)

For sure. I still. You know have.

I'm still not. Certain. That for myself.

I haven't decided to. Believe that. The body has.

The body mind has a set. Lifespan. You know.

It seems like. Being the being that we are. And.

The mind being. The thing that it is. The mind is.

Essentially what. Enables the whole universe. And God.

To express itself in whatever way. God wants to. As a human.

As a human. Is that part of that expression. And so.

What would we then. What would we then. Block the mind's expression.

By saying that. There's some greater. You know.

Like there's a force. That we somehow. Have overlooked.

[Speaker 1] (18:58 - 19:08)

It's not a force. It's what you are. That which is aware of the mind.

The mind has no power. The mind has no power.

[Speaker 3] (19:09 - 19:10)

The mind.

[Speaker 1] (19:10 - 19:18)

Without electricity. It doesn't work. The mind without being perceived.

It doesn't work.

[Speaker 2] (19:19 - 19:23)

Right. But isn't there some kind of. Some kind of.

[Speaker 3] (19:24 - 19:41)

Like for instance. Since you're being a doctor. When the mind.

When we are under anesthesia. There is no experiencing. Because the mind is knocked out.

And that's right.

[Speaker 1] (19:41 - 19:46)

There is no dreams. There is no remembrance of anything. While being under anesthesia.

[Speaker 3] (19:46 - 19:53)

The world disappears. Yeah. You see.

That's no different.

[Speaker 1] (19:54 - 20:09)

You see. So the mind is a wonderful tool. Is the tool.

Through which we hear. We see. We sense.

Is that to which the world appears. The objectivity appears.

[Speaker 12] (20:11 - 20:11)

You see.

[Speaker 3] (20:11 - 20:23)

But you. That which is aware of being aware. You.

That is. Without that. The mind doesn't exist.

[Speaker 2] (20:27 - 20:43)

You see. Well. Okay.

That's my misunderstanding then. It seems like. I thought that the mind.

Was a creation of that. Of the. The power itself.

Absolutely.

[Speaker 3] (20:43 - 20:47)

It's a wonderful tool to experience phenomena.

[Speaker 1] (20:48 - 20:59)

Yeah. Is that to which. The world.

The body mind. And the surroundings of the body mind. And the world.

And the universe appears.

[Speaker 12] (21:00 - 21:01)

Yeah.

[Speaker 1] (21:02 - 22:00)

You see. And. And the thing is that.

We have gotten so used to see. Via the mind. It's like.

To see via the mind. Is like. You know those doll houses.

I don't know. If you were in some time in your lifetime. You know.

We've been with young girls. Or with children. That they have these houses.

Like the house dolls. You know. That the back of the house is completely empty.

Doesn't have a wall. But from all the other sides. They have walls.

They have doors. They have windows. So in this case.

This example that I'm giving you. Is that the house. That would be the mind.

And without the wall in the back. That which is seeing it. That is you.

That which is aware. So we have gotten used to. Get smallish.

Being very small. And starting to see through the windows. Of that house.

[Speaker 3] (22:01 - 22:02)

So it feels very limited.

[Speaker 12] (22:04 - 22:05)

Yeah.

[Speaker 3] (22:05 - 22:08)

And so that's what we've been doing. We've been seeing via the mind.

[Speaker 12] (22:09 - 22:09)

Yeah.

[Speaker 1] (22:10 - 22:20)

Instead of just also having the freedom. Because that's freedom. To see through the mind.

But at the same time. To see as that.

[Speaker 3] (22:20 - 22:33)

To see without the limitation of mind. Okay. I mean.

I'm just sharing with you.

[Speaker 1] (22:34 - 22:36)

The experience here.

[Speaker 2] (22:36 - 22:58)

Yeah. I really appreciate this. You know.

Because it's been a puzzle for a long time. I haven't come to any. Understanding of it really.

And you know. It would be nice. If I could have answered my clients.

Objections. At the time. But anyway.

[Speaker 1] (23:00 - 23:47)

By the way. Is that honest. Is that question that you're having.

I think it's a very honest question. Very honest question. That was also a question.

That I dealt with. And also the question. That I dealt with.

Like for instance with Ramana Maharshi. You see. Same thing.

You see. It was different circumstances. Different situation.

But for me. Because it's about the death of the body. For me.

What it said a lot. About the example of Ramana Maharshi. Was that right before.

Beingness. Not interested in holding on to the body. Any longer.

He just. His last words. Were.

[Speaker 3] (23:48 - 23:52)

Feed the peacock. The peacocks. Yeah.

[Speaker 2] (23:54 - 24:21)

Yeah. Yeah. And the same with Nisargadatta.

As well. These are like. The most popular masters.

Of all. So of course it's quite a. It's quite a.

Thing that. I would like to understand. Obviously you've dealt with this.

Yourself. So you understand. Yes.

[Speaker 3] (24:22 - 24:26)

Because you see that. The truth is that there is no death. Or eternal.

[Speaker 2] (24:27 - 26:00)

Yeah. I totally get that. I experience being eternal.

Every time I look. You know. When I start talking like this.

I forget to look. I forget. And I go into the thoughts.

That I was trying to remember to ask. But normally. Like when this is over.

I'll be right back into remembering. That I'm eternal. There's nothing to worry about.

Of course I know it's not a worry. It's not a concern. But it's just a curiosity.

It's just like. You know. I've misunderstood that.

That sense of mind. The idea. That.

The mind. Is separate from God. And I'm separate from mind.

And God. That's the way it kind of seems. When a person allows themselves.

To just die. By a curable illness. You know.

Because that's been my career. So I've just never. Been able to answer the question.

But now that you've. Explained to me that difference. I can really.

I can really understand. That you know. That there would be a time.

That there is. Or there comes to be a time. For us all.

Where we can make that choice. But it is a choice. And that's the.

[Speaker 3] (26:00 - 26:01)

And that's the thing.

[Speaker 1] (26:01 - 26:03)

And that's something that it was very.

[Speaker 3] (26:04 - 26:18)

Also very perturbing. At the time when I heard. That.

That everything is. The worst.

[Speaker 1] (26:20 - 28:11)

Predestined. You see. When I heard that.

I was very perturbed. And I didn't like it at all. At all.

But what was wonderful was that. It made me aware. Of a lot of sensations.

That I didn't know that they were there. And I said. Because I have experienced so much freedom.

Freedom to do. Things I never imagined I could do. Freedoms to experience.

The most beautiful. And surprising. Adventures.

And. And so. Speaking to me that everything is predestined.

That I don't have freedom. And what I did. Because I was so agitated with that.

Is that I. Of course. It was released.

All of that that came with such an. Intensity was released. And it was released.

Became the clarity. And the clarity is. Yes.

If it is predestined to experience. Freedom to its maximum. It is so.

But it's already predestined. To experience total freedom. You see.

As it is predestined to. The moment that comes. The moment that you feel.

You know what. I'm not going to go to the doctor. The body is getting ill.

Because you have chosen. Somehow. That it's time to leave.

You see. Without any violence. It doesn't have to be ill either.

It can be having a cup of tea. I have met. Many beings that have died.

And they were naturally. They were not particularly spiritual. Dying in the morning.

After a cup of coffee. Even a cup of coffee.

[Speaker 3] (28:18 - 28:19)

You know.

[Speaker 2] (28:20 - 28:40)

Yes. Well again like you. I have struggled.

A lot with that. Predestination idea. I still don't know.

That I would choose to. Either believe it. Or accept it.

But I will. I will accept it.

[Speaker 1] (28:41 - 29:51)

I wouldn't recommend you to accept it. Or believe it. Not at all.

What I'm inviting you is. Welcome the confusion. Or the.

The pros and cons about it. Welcome that energy. You see.

And then. When that is not any longer there. The answer.

Rises. And that is what. Releasing is all about.

Releasing is allow the heart. The body to breathe. In the same way that we breathe.

You know. We allow our being to breathe. Yes.

So all the clouds that are there. That is keeping you from. To be total clarity about.

This. Situation that you're speaking about. It will arise.

Because when you have a question. It's because you have the answer already. And that was something.

That was very beautiful. About being with Lester. That we didn't depend.

Upon his answers. If we had a question. We knew that if we release.

The answer would show up. And it's beauty.

[Speaker 3] (29:53 - 30:07)

Because it was about. As he said. You are your own guru.

So it's not about accepting. Or believing. In the contrary.

Neither.

[Speaker 2] (30:08 - 30:15)

I really get that. I thank you Laura. For your clarity.

[Speaker 3] (30:15 - 30:26)

Thank you. See you soon. Contemplate.

[Speaker 6] (30:28 - 31:03)

Unlimitedness. Infinity. And when you see that.

Then you'll see the unreality of the limited. It's the snake. You're looking at.

As long as you see the snake. You'll never perceive the rope. If you want to know what infinity is.

You're going to have to. Perceive it in you. And it is your real nature.

That never changes. You are infinite now. You always have been infinite.

You always will be infinite. Anything else is a lie. A delusion.

[Speaker 10] (31:04 - 31:53)

All methods. All ologies are playing around. Until you do this.

All religions. All philosophies. With them we give ourselves.

A good time thinking. We're going to reach the ultimate. But they do not get us there.

There's only one thing. That gets us there. And that is letting go.

Of the illusion. Letting go. Of the body.

Mind. And sitting down and letting go of it. Until.

This infinite being that you are. Is self obvious.

[Speaker 6] (31:54 - 32:53)

So love is a thing that the world. Sings about. Writes about.

Has moving pictures about. And knows. Very little about.

Love is portrayed in the movies. As always a male and a female. Winning each other.

The real love is winning. The universe. Not just one person.

But every individual in the universe. And the practical end of it. I left out.

Square all with love. This is an excellent. Gimmick.

During the day. If we try to. Fit everything into love.

Whatever we're doing. It will make for. Rapid and tremendous progress.

[Speaker 8] (32:53 - 33:48)

There's no suppressed energy. We're in the highest happiest. Most felicitous.

The most knowing state there is. The more the suppression. The more our attention goes to.

Unconsciously to hold that suppression down. The less attention we have. For what is here now.

As we release these suppressed energies. We come into present time. Every feeling.

Throws us into the past. Because that's where it was developed from. So when we.

Perceive or calculate. On the present. With any feelings behind it.

We're working with stuck keys from the past. And we don't see what's here now. We're trying to see now.

Through our past. So to get a person to present time. He has to undo.

His suppressed feelings.

[Speaker 6] (33:49 - 34:45)

Some people say to me. Gee West I read your book. It was so good I started reading.

I read it right through from beginning to the end. In one sitting. Which to me means.

I got nothing out of it. The best way to read the book. Is to take one sentence.

That strikes your fancy. Go through it. And you hit one.

And stay with it. That night. That day.

That week. That month. Until.

That knowledge becomes your knowledge. And you say. Oh now I see.

Then you're ready for another sentence. Read along. Something strikes your fancy.

And you stick with it. Because any one of hundreds of statements there. Can give full realization.

It's the same thing being said. In many different ways.

[Speaker 1] (34:46 - 35:40)

The sense of separation. Is very tricky. It often tucks us.

Out of this path. For shorter. Or longer periods of time.

But once we have gotten. Onto the path. We usually come back to it.

Nevertheless. Be careful. Of the trickery of the sense of separation.

Part of us. It takes us away from the path. So no matter.

How far we have advanced. On the path. The sense of separation.

Is always a tempting. Companion. Who can take us off the path.

Sometimes. Even for an entire. Lifetime.

I have a question.

[Speaker 7] (35:42 - 36:49)

I started reading. The keys to the ultimate freedom. Recently.

And last night. I was on. Section three.

Spiritual growth. And it is a list. Of aphorisms.

And it says. It suggested that the. Below aphorisms be absorbed.

One at a time. Try to understand one. Before going on to the next.

Two that gave me. Pause to be sure. I was understanding.

I was being read. From the perspective of knowing. Being as one.

And so. They were in our desire. To attain liberation.

Or realization. We are helped to the degree that we. Help all others.

And then the next one is. Grow to the point where your whole. Attention is off you.

And on others.

[Speaker 1] (36:50 - 36:55)

So let's go one. By one read the first one. Again you are your help to the degree.

[Speaker 7] (36:55 - 37:05)

Yes yeah. In our desire to attain. Liberation or realization.

We are helped to the degree. That we help all others.

[Speaker 1] (37:06 - 40:57)

I have. The sweetness. Experience to.

Be with Lester for. 19 years until he passed away. And it.

Wasn't the last. Let's say 10 years or eight years. That he said now we can really.

Talk from the top. Because often. Till then.

We were not ready to hear. That so. He was giving you guidelines.

Like this one. If you are interested in the liberation. You will be helped to the degree.

That you help others. Now let me give you an idea. About this help others.

This help others is. When you see them for what. They truly are.

When you get. When you grant their consciousness. When you grant their being.

You see. The mind thing. That is help that you have to do.

Something physically to help. Yes that will that may appear. In some of us.

In our lives. You know that we dedicate our life to help. It's nothing wrong with that.

It's compelled within you. But here to help the others. Is to truly see them.

For what they are. Also. You're helping others.

To the degree that you want. Your own freedom. To that degree by helping others.

Is you're not disapproving. Of others. You're not judging.

The others. So you're not practicing. Disapproval.

You're not practicing separation. You see you're not practicing. Unlovingness.

So you see that to the degree. That you're not any longer doing that. To that degree you'll be helped.

To fulfill the desire. For what you are. So that is what at the time.

When he said that. He was giving us a guideline. For us that we were in the world.

Very active. And dealing with others. All these things were just brand new.

In this. In this way of radical way. Of seeing the world.

That they are not others. Thank you. Because they are not.

You have to. The moment you don't see them. For what they are.

They are others. The moment you see them. For what they are.

They have never been another. You see and again. Our experience is that we see.

The others the way you see yourself. You can only see them. The way you see yourself.

Isn't it. So the moment you open to the. The beingness.

The consciousness. The oneness that you are. And you are starting to grant it in yourself.

More and more. Then anytime that you enter in contact. With anyone.

Whether it is. In any activity. When we go shopping.

At the grocery store. The cashier. Or anything.

You immediately by granting them. Their beingness. In that moment.

The separation is not any longer present. You see. And that is what a very.

Effective way to experience. That is only one single being. So you see.

That is the depth. Of what Lester was saying there.

[Speaker 7] (40:58 - 41:08)

I thought that I you know. Understood that. And was perceiving as such.

But I think there was some residual. Melting. Releasing around that.

[Speaker 1] (41:09 - 41:20)

Yes. That is why we are here. You see.

So yes. I can see that as you were hearing. Something was getting looser within you.

Yes.

[Speaker 12] (41:23 - 41:24)

Yes.

[Speaker 1] (41:24 - 43:09)

And lighter. Yes. And still is there.

You see. And through the day. You will feel some loosening up.

More and more. More and more. We are helping others.

The moment. We see them for what they are. And we are not being gossipy.

Or we are not being judgmental. Or we are not being disapproving. You see.

And that doesn't mean. By the way. That within the clarity.

You can act very firmly. If that is what is required. By the situation.

Because the moment you start to be more and more. What you are. What you are is very intelligent.

And it will give you. The clarity that is needed. If that is what.

The situation is requiring. And what helps. For this.

Experiencing to be experienced. Is to keep it very simple. That.

Are you acting from wanting. Or are you acting from the. From spontaneity.

If you feel the wanting. Oh ok. Now you know what it is.

Only energy. And unravels. The moment you consciousness.

Recognizes for what it is. It unravels.

[Speaker 3] (43:13 - 43:14)

Because it is not real.

[Speaker 1] (43:14 - 43:24)

What you are. Is real. So the moment you reality.

Is not interested in it.

[Speaker 3] (43:30 - 43:31)

It unravels.

[Speaker 1] (43:35 - 43:38)

And what unravels actually. Is the tendency to hold on.

[Speaker 3] (43:46 - 43:46)

So.

[Speaker 1] (43:48 - 44:23)

Congratulations. That you are in very good company. This book.

You can open it anywhere. It is a book actually. That I never read.

I just started to. I only opened it. Because one sentence.

Was enough. It was like the pill of the day. Or the pill of the moment.

You see. And it was just. During the day or during my activity.

That was. The background of this status. Doing it's work.

[Speaker 7] (44:29 - 44:41)

So for the second one. Then grow to the point. Where your whole attention is off you.

And on others. That is just being. The wholeness.

Is what that's saying.

[Speaker 3] (44:42 - 44:51)

Exactly. Being ourself. Yes.

Thank you.

[Speaker 1] (44:52 - 47:18)

Yes. And the beauty. For some of us that are hearing that.

Right. Is not like an imposition. You could say.

You know what. I don't feel like to do that. Wonderful.

Is that what is arising. Look at it. Are you that.

Or are you that. Which is the word of it. Because that is the thing.

It is not right or wrong. We have to be very honest. Because only consciousness is honest.

What we imagine to be. Is not honest. Because is not real.

Is a lie. And as a lie is always dishonest. So.

Is very good. In your case. It was a natural openness to do that.

To feel like that. But some of us said. I don't feel to do that.

Good. Just notice that reaction. And is for you to hold on to that.

Or not. You see. Many things that you may read from Lester.

If you read it. It will generate a reaction on you. So.

What I would recommend is. To allow the reaction to be what is. To get released.

And then. Read it again. Just to see what happens.

Lester was a very. He had an art. How to generate releasing.

How to generate the relaxation. Of the. Mastering of holding on.

For dear life. You see. Because that's what we do.

We hold on to what is not real. For dear life. We hold on to the idea of being someone.

For dear life. We think that. The whole.

Your whole life would collapse around. If you're not any longer. If you stop being the way

that you have been.

Being up until now. By the way. What collapses.

Is the point of view. But where you are.

[Speaker 3] (47:19 - 47:21)

Is ever the same.

[Speaker 7] (47:27 - 47:36)

So point of view like. Opinions. And mental.

Things as opposed to perspective.

[Speaker 1] (47:38 - 47:40)

Yes. Interpretations.

[Speaker 7] (47:40 - 47:41)

Yeah, yeah, yeah, yeah, yeah.

[Speaker 1] (47:42 - 48:29)

Yes, yes. And that's what you will find out. And that's what.

When we start to find out. That the mind tells you. This is like this.

This is like that. And then you find out. That it couldn't be further from the truth.

And that's what is wonderful. When you start to see. That the mind is.

99.9% wrong. It gives you confidence. Not to go along with the mind.

For some of us. Well, I don't know. I'm still going along with my mind.

When you start to realize. Wow. It couldn't be.

So in the country is the opposite.

[Speaker 7] (48:33 - 48:33)

Quite.

[Speaker 1] (48:33 - 48:38)

Yes, yes, yes. So some of us have had that experience.

[Speaker 7] (48:41 - 48:46)

Yes, after thinking I knew a lot of things. For quite some time. Yes.

[Speaker 1] (48:49 - 48:52)

We all have been in the same boat.

[Speaker 3] (48:52 - 48:54)

We are in the same boat.

[Speaker 1] (48:55 - 49:54)

He was giving you guidelines. Like this one. If you are interested in liberation.

You will be helped to the degree. That you help others. This help others is.

When you see them for what they truly are. When you grant. Their consciousness.

When you grant their beingness. The mind thinks that is help. That you have to do something physically.

To help. Yes, that may appear in some of us. In our lives.

That we dedicate our life to help. Here to help others. Is to truly see them for what they are.

Also. To the degree that you want. Your own freedom.

To that degree by helping others. You are not disapproving of others. You are not.

Judging others. So you are not. Practicing disapproval.

You are not practicing separation. You are not practicing. Unlovingness.

[Speaker 5] (49:56 - 49:59)

So are my thoughts. Creating the feelings.

[Speaker 1] (50:02 - 54:36)

Or vice versa. The feelings are generating thoughts. It goes both ways.

Okay. I would feel that it goes both ways. But also it could be that the unconscious feelings generate the feeling.

You see? Because we don't need to think in order to experience life fully and completely. And to function effectively.

We don't need to think. Then how do we create? You are right now creating.

Effortlessly. Because the mind is the only creative tool in the universe. And I'm using the words of Lester.

Exactly as he used to use. It's the only creative tool of the universe. Is the mind.

So the mind is like an oven, so to speak. It will bake whatever you put in it. The reason that is, we said, wait a minute, this I like, but this I don't like.

Yes, because we have unconscious, unconscious thoughts. But most of the experiencing is designed by unconscious thoughts. Those thoughts that we chose not to see, because we don't want to see them.

But nevertheless, they are still operating without us needing to pay attention to it. We thought it was fun to put them in automatic. It's like right now, oh it's so much fun the internet.

Oh my gosh. So same thing. We thought it was fun putting all those activities in automatic.

The activities like the circulation of the blood, the replacing of the cells, digestion. All of that we used to be very aware of, and we put it in automatic. On the other hand, we did notations like men with white hair, they are nice, they are kind.

People that don't smile, they are not good. All these kinds of concepts that we got along the way, we were shopping for all these concepts. We thought it was fun.

Now, the reason that somehow it seems so difficult to let them go, as we said, is because we chose not to see them. And also because they give us the idea that they are keeping us safe. Like letting us know, don't go there, it's not a good thing to do.

I will think about twice. But it's always about a no. It's also about a danger.

If you are too daring, you could lose something. You see? Yes, you will lose fear.

Going back to what you create is be very clear what it is that you would like to experience. We can say that what you would like to experience would be a yes. Right?

So what happens when you say a yes, a conscious yes? The unconscious knows arises. Beware of the unconscious knows.

So what happens is that people usually get deflated. Yes. I wanted that, but you know Ana, it's too difficult, it's too hard, it's too late, it's too much.

Maybe for others, but not for me. All of that starts to arise. And it may sound like, oh my God, so much to do.

No, no, no. You see, the moment you don't make them personal, the moment that you're really clear that what you want is that yes. You see?

You're not any longer interested in making whatever is arising about you or what you are. Like I said, it's too late, too early. They are just sounds.

Sounds that often now you never challenge them. But this time you're not even challenging them, and this time you chose not to be interested. So what happens?

They collapse, because they are not real. The moment you unlimited effort of attention is not interested in them, they collapse.

[Speaker 5] (54:38 - 55:18)

Okay, so just so I get this, so whatever I get, whatever I focus on, like you said, get clear on the I'll say the intention, right, of something I want. So I'm creating a course, and I'm doing this video too. As soon as I create, you know, I'm going to do this video the unconscious knows will come up.

Oh, it's not time to do that. Oh, wait and see. Oh, da-da-da-da-da-da.

Right, okay. And then when you say, I'm not interested, it's kind of like, okay, that's automatic. That's coming up, and I don't have to pay attention to it.

I'm still going to do the video. Is that what you mean?

[Speaker 1] (55:19 - 55:38)

Yes. But in other words, you're not like, get out of here. No, no, they come, and if you don't give attention, they collapse.

Because they are not real. And the reason that they are repetitive is because they need continuously attention in order to maintain itself.

[Speaker 5] (55:39 - 55:45)

Unbelievable. Yep. Continuous attention to maintain.

[Speaker 1] (55:46 - 56:05)

Because, as you may have noticed, when you have fresh new thoughts, new idea, when an instinct about something, oh, I got it. I know what to do. Those thoughts only come once.

They're not repetitive.

[Speaker 5] (56:08 - 56:18)

Oh, this is so good. Yes. They're not repetitive.

That insight is immediate. It comes up from infinite being. Is that where?

[Speaker 1] (56:19 - 56:26)

Intelligence itself. Intelligence, okay. What you are is intelligence.

Build intelligence.

[Speaker 5] (56:29 - 56:41)

So in order for the inner critic or this busy mind The chatter. The chatter to maintain it's because it needs attention.

[Speaker 1] (56:43 - 57:08)

It needs validation. It's validation. And you get validation by effortlessly giving attention.

Because you are so powerful. It's effortless power in the shape of attention. Because mind is about movement, ever changing.

It's repetitive, but it's ever changing.

[Speaker 5] (57:12 - 57:17)

Yeah, and everything is moving, right? Like all of creation is constant.

[Speaker 1] (57:17 - 57:59)

Because it's all mind. Okay. You only see, hear, and sense in the mind.

So you see is to really be very clear what is that you truly want. Write it down. Get a therapy.

Because that way you're letting know the mind is a conscious decision. So that the unconscious decisions, that the unconscious stop writing the script. Because the problem with the unconscious is that we have concepts that says yes.

Concept that says no. So they neutralize.

[Speaker 5] (58:00 - 58:05)

Say that again. I'm sorry. Concept that says yes and no.

They neutralize.

[Speaker 1] (58:06 - 58:36)

And then we have concepts that are doubt. What if it's not? I don't know.

It's risky. I don't know. You see?

We have concepts about suspicions. You see? All the concepts are more or less about fear.

Because all of them are limitations. So the emotional charge of any concept or any feeling is more or less fear.

[Speaker 5] (58:38 - 58:50)

And so for me to become, well there's a part of me that is fearless already, right? If I'm an infinite being. Yes.

I'm already there. Okay.

[Speaker 1] (58:51 - 1:00:40)

You're already that. You're already that. If the thoughts to the contrary that up until now you used to go along with.

You used to believe it. You never challenged them. And you see the main lie is that there is someone somewhere.

That is a you that is separate. So in order to maintain that lie you have to have many, many lies. That's why all the thoughts and feelings are lies.

We're talking about not pragmatic thinking, you know, about technicality, engineering, chemistry. All of that are like applications. The good applications engineer, the good application that is a lawyer, the good application that is a therapist.

You see you have all that. You have techniques. Yes.

The good application for driving, for dressing, for swimming. So you see the mind is like the perfect computer, so to speak. That's what the computer is modeled after.

Mm-hmm. When you start to see it from where you are you will see how simple it is. Because where you are is so intelligent.

But we need to honor what we are. And by honoring what we are when at least any time you feel invited you take a minute and notice the silence. Notice the immediacy of the silence.

[Speaker 5] (1:00:42 - 1:00:42)

Yes.

[Speaker 1] (1:00:44 - 1:01:00)

And I can see that you are very honest. Yeah. Because you see you can be honest because I see that you can only give what you give to yourself.

So it's this givingness within you that is inviting you to discover more and more what you are.

[Speaker 5] (1:01:03 - 1:01:06)

And then awareness is just what is now.

[Speaker 1] (1:01:08 - 1:01:41)

Yeah. Awareness is that which is alive. That which hears, that which sees, that which is aware of seeing, aware of hearing, aware of sensing.

It's aware, it's alert, it's an alertness, effortless alertness. You see? We don't know what we are, but we know the characteristics of it.

Not all of them, but some of them. Quite a bit. One of them being that it's alive, alert, aware.

[Speaker 5] (1:01:44 - 1:01:52)

So the struggle for me, personally, to wake up is the thought of I'm not there yet.

[Speaker 1] (1:01:53 - 1:02:02)

Yeah, as you said, it's only a thought. So it's up to you to challenge the thought or to believe it.

[Speaker 5] (1:02:05 - 1:02:17)

Challenge it or? To believe it. Oh, okay.

See, when I hear the word challenge, it's like, do I go into inquiry or do I just allow it?

[Speaker 1] (1:02:17 - 1:02:27)

Challenge is see it for what it truly is. Only sounds. Only sounds.

Yeah. And see what happens.

[Speaker 5] (1:02:32 - 1:02:38)

So we walk basically like two paths, the human being and also infinite being, yes?

[Speaker 1] (1:02:39 - 1:02:58)

Yes. Simultaneously. What we are doesn't belong to this dimension.

This dimension appears in the dimensionlessness of what we are. That more and more what we are, we allow it to be, then it shines through in our experiencing.

[Speaker 5] (1:03:00 - 1:03:09)

Okay, so could I set an intention for me to be more awake, to be more? To be more and more what you are.

[Speaker 1] (1:03:09 - 1:04:03)

And less and less what you think you are. You see? Less and less what you think you are.

Less and less what you feel you are. And that will naturally, you will feel it naturally loosening up in the chest area, naturally. Because when, since you are timeless, timelessness have no time for that which is made out of time.

So since what is made out of time is only energy, energy taking the shape of a sound, taking the shape of an image. And the timelessness doesn't have the time to take shape, so it releases itself.

[Speaker 5] (1:04:05 - 1:04:13)

The timelessness doesn't have the time to take shape. Oh, that's hard for me to get around. So it releases itself.

[Speaker 1] (1:04:15 - 1:04:26)

Because it's perfection. Perfection is perfect, doesn't need any improvement and you already are perfection itself.

[Speaker 5] (1:04:27 - 1:04:33)

And what you're saying is we're infinite beings, we are love but we already are.

[Speaker 1] (1:04:33 - 1:05:29)

Yeah, we already are. And that becomes obvious when you shift your attention a bit. Instead of directing it only to objects, to direct it to that in which the sounds and images and sensations arises.

To direct it to that stillness in which the movement is ever changing. Coming and going, experiencing. Because the moment you notice at the level of inner landscaping, you will notice that it's very obvious from moment to moment in the totality of the experience.

So you see, it's not about becoming. It's about letting it be. Already what is.

[Speaker 5] (1:05:33 - 1:05:42)

Wow, this is a comparison. I think your idea of silence and mine, I don't know if it's the same thing. Well, there is such a thing as physical silence.

[Speaker 1] (1:05:46 - 1:05:55)

The silence is that without which you couldn't hear the inner sounds in the mind, the inner voices in the mind.

[Speaker 5] (1:05:57 - 1:06:00)

And you can do that, not hear the inner voices in the mind?

[Speaker 1] (1:06:01 - 1:06:04)

Oh, you hear them, but I'm more interested in the silence.

[Speaker 5] (1:06:05 - 1:06:07)

Yeah, it's kind of flipped. Is that what I'm hearing?

[Speaker 1] (1:06:08 - 1:07:00)

Yes, your attention is now more open, more included. Before, you were only exclusive to the thoughts, the sounds. I call them sounds because I'm not giving them any value, no interest in their message.

So yes, the mind goes naturally quiet. So you don't think, because there's no need to think. What is there to think?

They're all knowing. Wow. The real knowing is being.

In being, there is no time to think, there is nothing to think. The thinking comes from the relative knowledge.

[Speaker 5] (1:07:03 - 1:07:11)

Yeah, this is powerful because it's more of a letting go. There's no adding on, right? It's more like letting go.

[Speaker 1] (1:07:11 - 1:07:28)

You're whole, complete, perfect. On the contrary, you start to get light. All of a sudden, as you're walking, you're like, I really need this weight now.

I can do without this weight. You get lighter and lighter.

[Speaker 12] (1:07:30 - 1:07:32)

Lighter and lighter.

[Speaker 1] (1:07:32 - 1:07:33)

Less density.

[Speaker 5] (1:07:35 - 1:07:35)

Yes.

[Speaker 1] (1:07:35 - 1:08:18)

The real is very dense. And it's just about your intention. You have integrity, you see?

You are very honest. Because only what you are can be honest. That would be a lie.

It's dishonest. By nature. When you're being honest, you're invoking the truth of what you are.

You're honest, you say, okay, I'm open to be and be more and more whatever that is that I am.

[Speaker 5] (1:08:23 - 1:08:27)

I love that.

[Speaker 1] (1:08:27 - 1:08:38)

And have fun. All right.

[Speaker 3] (1:08:41 - 1:08:52)

Thank you so much. You're welcome. Yes, Christa?

[Speaker 9] (1:08:54 - 1:09:13)

You mentioned that the answers are there for the questions that we have and that we simply need to release in order for them to show up. Can you briefly summarize what that process is of releasing?

[Speaker 1] (1:09:14 - 1:10:38)

Yes, like for instance, if you happen to have a question, you don't have to manufacture them, but if you happen to have a question, you know, like Ron, for instance, Ron had a question, he said, you know, I wonder why if Lester, he had all this. Like I was just explaining when I, actually I heard that from Robert, when he said how everything is

predestined. I felt very flustered.

I didn't like it. I was actually, I felt, experienced anger. And so all of that came up and I let all of that go and I just opened to have the answer, to have the clarity.

And that's all I did. I let go of all the emotions that I had about that that was generated by that question. And I opened to the clarity.

And the beauty is that you become calm, relaxed, and actually you even feel because what you are is so complete, you don't even feel that you need the answer. And in that completeness, the answer arises. And it's like oh, I mean, it's just so intimate because it comes so complete.

You see?

[Speaker 9] (1:10:39 - 1:10:53)

So in the process of coming up against a particular emotion that is surfacing, when you say I let go, um, that's a little easier said than done for me.

[Speaker 3] (1:10:54 - 1:10:55)

What is that process?

[Speaker 1] (1:10:56 - 1:11:12)

It's because, you know, doing it first, because I don't, I let go, it happens actually. I'm so glad you pointed it out because it's not an I that let it go. It's like we did the meditation today.

Aware of being aware.

[Speaker 3] (1:11:13 - 1:11:46)

Just now, when you're just aware of being aware, and aware of that which is aware of movement, aware of sensations, yet transparent, naturally, when you are aware of being aware, any sensation, if it's unconscious,

[Speaker 1] (1:11:46 - 1:11:51)

that might be, that you might be sensing, which is the contraction of separation,

[Speaker 3] (1:11:51 - 1:12:07)

for instance, that we don't feel it, feel it, we feel it on and on, immediately you feel some loosening up. Just notice how it's immediate.

And it's already loosening up, isn't it?

[Speaker 9] (1:12:08 - 1:12:09)

Yes.

[Speaker 3] (1:12:09 - 1:12:10)

Yes.

[Speaker 1] (1:12:10 - 1:12:18)

And because what you are is timeless. And the sensations are made out of time.

[Speaker 3] (1:12:20 - 1:13:56)

And when timeless, when you choose to be timeless, that which is made out of time dissolves. Naturally. So, all mind is made out of time.

That is, thoughts, feelings, they are made out of time. So anytime, and that's the beauty, anytime you choose a virtue of being aware, no matter what, immediately there will be a loosening up, an unconscious holding on for dear life that we have in the area of the chest and the gut, which is the sense of separation. So the beauty is that whether you release for a question, whether you release for what we call issues, whether we release for let go of tendency, whatever, what you're truly at any moment being released is the energy that is needed to stay separate at every moment.

Because it is the desire to be separate and the desire to be one is the same energy. So you're wanting to be one as much as you're wanting to be separate.

[Speaker 1] (1:14:00 - 1:14:09)

Because it is about the wanting, the intensity of the wanting. And what is being released again is the wanting to be separate.

[Speaker 3] (1:14:12 - 1:14:20)

So, wanting to be separate from the answer. You see?

[Speaker 1] (1:14:21 - 1:14:29)

The moment you're, because if you have a question, Krista, that question wouldn't arise if it wasn't because already the answer is within you.

[Speaker 9] (1:14:32 - 1:14:33)

I don't understand.

[Speaker 1] (1:14:34 - 1:14:54)

The question wouldn't arise if it wasn't because the answer is already within you. But since we have the tendency that we need to go outside in the world to get the answer, so we go to gurus, so to speak.

[Speaker 3] (1:14:54 - 1:15:17)

Or we go to the doctor, so to speak, for answers. But in the teaching from Lester was go where the happiness, where everything is, right within you. And within you then includes everything.

[Speaker 9] (1:15:20 - 1:15:22)

I love how simple it is. Simple and direct.

[Speaker 3] (1:15:25 - 1:15:26)

Yes. Yes.

[Speaker 1] (1:15:28 - 1:15:33)

Divine simplicity. It's so simple. It's really, really simple.

[Speaker 3] (1:15:34 - 1:15:46)

I mean, when we look at it, I mean, we're talking about one single being. That's right. Even Jesus said so beautifully, I is the way.

[Speaker 1] (1:15:47 - 1:15:59)

You know, it was misinterpreted by minds the way they saw him as a person. So they thought that it was I, Jesus, the body, mind is the way.

[Speaker 3] (1:16:01 - 1:16:18)

No, I was talking about the I that we all have in common. So is that in that I which I love, and that's like the Roman number. The number one.

[Speaker 1] (1:16:24 - 1:16:44)

So yes, it's time to see the simplicity is very inviting and it's very beautiful because it takes you away from complexity. So as far as you want complexity, you will never see the simplicity.

[Speaker 3] (1:16:50 - 1:16:58)

It's about simplicity. You're welcome.

[Speaker 1] (1:17:04 - 1:20:51)

From the book, Keys to the Ultimate Freedom by Lester Levinson about happiness. When we analyze that which everyone is seeking, it turns out to be happiness. And when we find God, our true self, that turns out to be the ultimate happiness.

When we seek and find the full truth, the absolute truth, again, that turns out to be the ultimate happiness and also the greatest good. The greatest good turns out to be the ultimate happiness. Every being is seeking freedom and the complete freedom or liberation is also the ultimate happiness.

So in the end, the words God, good, truth, liberation, freedom and self turn out to be the ultimate happiness. And everyone is seeking this good, happiness, liberation, truth, God and self. There isn't anyone who's not seeking it.

The only difference between some of us and others is that some of us are consciously seeking it in the direction where it is and are becoming happier. And others are seeking it blindly in the world and are becoming more frustrated. Yet, only when we go within do we discover that all happiness is there, the only place where we can feel happiness is right within ourselves.

That is exactly where it is. Every time we attribute this happiness to something external, to a person or a thing external, we get more pain with it than we do pleasure. If you have had experienced enough, if you have lived long enough, if you have examined it carefully enough, you have discovered this.

The happiness that we are seeking and thinking is out there and external to us is not there. The happiness with no sorrow can only be found by going within.